General Certificate of Secondary Education
Foundation Tier
January 2011

English/English Language ENG1F

Unit 1 Understanding and producing non-fiction texts **F**

Insert

The three sources that follow are:

- **Source 1**: an article called *Jamie Oliver's school dinners shown to have improved academic results*
- **Source 2**: a charity webpage called *Sponsor a girl today*
- **Source 3**: an extract from an advice leaflet called *Getting on with your Teenager*

Please open the insert fully to see all three sources

Source 1

guardian.co.uk

Search | Education | Search

News | Sport | Comment | Culture | Business | Money | Life & Style | Travel | Environmental | TV

News > Education > School meals

Jamie Oliver's school dinners shown to have improved academic results

Research has shown that the healthier school dinners introduced by Jamie Oliver, the celebrity chef, have not only improved pupils' test results, but also cut the number of days they were off sick.

The proportion of 11-year-olds in Greenwich, south London, who did well in English and science rose after Oliver swept "turkey twizzlers" and chicken dinosaurs off canteen menus in favour of creamy coconut fish and Mexican bean wraps, according to a study of results.

The number of "authorised absences" — which are generally due to illness – fell by 15% in the wake of his 2004 Feed Me Better campaign, brought into the nation's sitting rooms via the Channel 4 series Jamie's School Dinners.

But the poorest pupils – those who are eligible for free school meals – did not seem to benefit. Instead it was mainly children from more middle class homes who saw their scores boosted after Oliver's junk food ban was put in place.

The researchers estimated that the proportion of students who got level 4 in their English Sats at key stage 2 increased by 4.5% after his intervention.

The number who got level 5 in science was up 6%, they reported.

Oliver described the research results as "fantastic". "It's the first time a proper study has been done into the positive effects of the campaign and it strongly suggests we were right all along," he said.

"Even while doing the programme, we could see the benefits to children's health and teachers. We could see that asthmatic kids weren't having to use the school inhalers so often, for example.

"We could see that it made them calmer and therefore able to learn."

The chef said it was further evidence that faster movement was needed towards improving take-up of nutritious, home-cooked school meals across the country by training dinner ladies, getting kitchens and dining halls up to scratch and educating children and parents.

Source 2

Plan

Sponsor a girl today

Help girls speak out against child poverty

No girl deserves to be ignored. Every girl deserves access to a decent education.

By sponsoring a girl with Plan, you can help put a stop to child discrimination. You can help get girls into school, into a classroom where their enormous potential won't go to waste. You'll help give them a voice, ensuring they aren't condemned to a life of poverty, but have a better chance of a brighter future.

Sponsor a girl today ▶

What you'll change

- Sponsor a girl with Plan and for **£15 a month** you can help provide a real solution for girls around the world.
- You'll give girls a voice, helping communities implement projects such as building schools, training healthcare workers and providing clean water so they get a better start in life.
- Sponsorship places children at the heart of the fight against poverty. Not only do they benefit from projects funded by sponsors, but they're actively involved in helping their communities plan them, ensuring they contribute towards lasting change.
- If you decide to sponsor a girl, as well as helping whole communities, your unique personal connection will aid her development. By writing to her you'll take an active interest in her life, helping boost her confidence and self-esteem, thus encouraging her to work towards a better future.

▶ **Request further info**

SEE A SPONSOR'S STORY

What you'll receive

- A welcome pack containing a profile and photographs of your sponsored girl with details of their family and community, so you can really get a sense of the bigger picture.
- Details of the types of projects you'll be funding around the world, illustrating how Plan helps empower communities to meet the needs of all children.
- Annual updates on the progress of your sponsored girl, their family and community; showing you the difference you are helping to make.
- Two editions of our magazine World Family every year. This contains articles on Plan-supported work, sponsors' experiences and updates from around the world.

Sponsor a girl today ▶

There are no texts printed on this page

ACKNOWLEDGEMENT OF COPYRIGHT-HOLDERS AND PUBLISHERS
Permission to reproduce all copyright material has been applied for. In some cases efforts to contact copyright-holders have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements in future if notified.

SOURCE 1: Adapted from Rachel Williams, *Jamie Oliver's school dinners shown to have improved academic results* © Guardian News & Media 2010
SOURCE 2: Plan: *Sponsor a girl* campaign, January 2010, courtesy Plan International UK, London
SOURCE 3: © Manchester City Council

Copyright © 2011 AQA and its licensors. All rights reserved.

PARENTS MAKE A DIFFERENCE

TIP SHEET FOR PARENTS OF 11+ YEAR OLDS

Getting on with your Teenager

It's not always fun being a teenager and not always fun living with one.

The teens are a time of **enormous change** for your children, which can affect everyone in the family.

Teenagers **push boundaries** and test your patience as much as toddlers but don't look little and cute any more.

Often all you can see is rudeness, anger and seeming not to care, but don't be fooled.

● Teenagers want your **praise** and **love** and fear your anger and criticism just as much as when they were younger – though they may not show it.

● Your children need your **help** through the difficult move into adulthood. You need to take care of yourself and **stay sane** while they do it.

Source 3

What's going on?

Teenagers often seem selfish and thoughtless. That's because they are – in a way. Changes in their brains and emotions make it hard for them to take in other people's feelings.

Changes in their bodies are confusing. They might feel small inside although they are getting bigger – so they don't know how much space they take up.

They are trying to work out who they are and what sort of adult they might turn into. Family problems, even ones in the past, may have a big impact at this age.

How YOU can help

ADULT OR CHILD?

● **Praise** every grown up and responsible thing they do, but don't be too angry or critical when they act like a child. Change rules gradually as they change.

● Have **fair but firm** rules about how the house is run and expect them to do their share. Try to give them **responsible jobs** rather than nag about little things.

● They need **freedom** to try things out and learn from their mistakes. Let them take the **consequences** of silly or bad behaviour.

● **Listen** to their fears and worries. Be there to help with serious problems.

● They still need clear rules even if they kick hard against them.

● Sometimes you need to say 'No'. **Have confidence** in your own judgement and experience. Explain your reasons for decisions. Show them how a reasonable adult behaves.

ROLE MODEL

● They criticise all the time but behind your back they want parents to be proud of and for you to be proud of them.

● Teenagers need adults to be **honest** with them. Hiding things from them makes them worried, confused and less likely to trust you.

● If you have problems of your own, get help. Let your children see that you can change. Do the best you can.

M/Jan11/Insert to ENG1F

There are no texts printed on this page

Open out this page to see
Source 2 and Source 3